

# LIMIT THE SUN BUT NOT THE FUN! BE "SUNWISE!"



## **Use Sunscreen Every Day!**

Even on cloudy days, the sun's rays can damage your skin. Wear sunscreen with an SPF of 15 or higher. Apply 15 minutes before going outside and reapply every 2 ½ hours or sooner if perspiring or engaging in water activities. Wearing sunscreen every day is as important as brushing your teeth!



## Wear a Hat and Lip Balm!

A hat with a wide brim offers good protection for your scalp, ears, face and the back of your neck. The bigger the brim, the better the protection. Protect lips with SPF 15+ balm.



#### Wear Sunglasses!

Sunglasses reduce sun exposure that can damage your eyes and lead to cataracts. Check the label and choose sunglasses that block at least 90% of UVA and UVB rays.



#### Cover Up!

Wear long sleeves and pants if possible to protect your skin when playing or working outdoors. Darker colors and fabric with a tight weave provide the most protection.



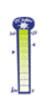
## **Limit Time in the Midday Sun!**

Limit your outdoor activities when the UV rays are the strongest and most damaging (10 a.m. to 4 p.m.). Remember: Watch Your Shadow--No Shadow, Seek Shade!



#### Seek Shade!

Find something fun that doesn't involve the direct sun. Look for shade under a tree, a ramada or find an indoor activity inside a gym, library or classroom during peak UV.



#### Check the daily UV Index!

Did you know you can check the intensity of the sun's rays every day? The ultraviolet or UV index is a way of measuring the sun's radiation level. The scale is from 1 to 10. The higher the UV, the more careful you should be. A day with a UV rating of 10 requires more protection than a day with a rating of 1. Click on the SunWise website below to find your school's daily UV.



## **Avoid Sun Lamps and Tanning Booths!**

These artificial sources of UV light can cause as much damage as the sun's UV rays. Remember, there is no such thing as a safe tan. To get a tan, skin damage has to occur!

Register for FREE SunWise sun safety curriculum and other UV stuff at: <a href="https://www.azdhs.gov/phs/sunwise">www.azdhs.gov/phs/sunwise</a>. Contact Sharon McKenna at 602.364.3143, 800.367.6412 or e-mail: <a href="mailto:mckenns@azdhs.gov">mckenns@azdhs.gov</a> to learn more about SunWise.

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